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EX7G
ReserveTHE GROUP METHOD
OFESTIMATING CALORIES AND PROTEIN IN A FOOD SUPPLY
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The fuel value and protein in a week's food supply or any other combination of food materials of equally great variety may be quickly estimated with sufficient accuracy for most purposes by using group or average values for many of the foods. The group values suggested in the table below are for convenience expressed in round numbers: The fuel value of sugar, for example, being given as 1800 calories per pound instead of 1814, the exact value. It may be safely assumed that the results obtained will never be higher and will seldom be more than 10 per cent lower than those obtained by calculating item by item.

Approximate Group Values for Quick Estimating.

Group I.

Vegetables and Fruits.

- (a) Vegetables and fruits, fresh and canned..... 225 calories per pound
- (b) Vegetables and fruits, dried..... 1350 calories per pound.

Group II.

Efficient-Protein Foods.

- (a) Milk..... 600 calories per quart.
- (b) Buttermilk and skim milk..... 390 calories per quart.
- (c) Eggs, cheese, flesh foods, peanuts and soy beans.. 800 calories per pound.

Group III.

Cereal Foods.

- (a) Flour, meal, ready-to-eat breakfast cereals, .
crackers, pies and cakes..... 1600 calories per pound.
- (b) Bread and rolls..... 1200 calories per pound.

Group IV.

Sweets.

- (a) Sugar and candy..... 1800 calories per pound.
- (b) Honey, molasses and other thick sirups..... 1350 calories per pound.
- (c) Rich preserves, jellies, jams, and marmalades... 900 calories per pound.

Group V.

Fats and Fat Foods.

- (a) Lard, suet, oil and other fats..... 4000 calories per pound.
- (b) Butter, bacon, salt pork, chocolate and fat
nut meats..... 3000 calories per pound.
- (c) Cream and nuts in the shell..... 1000 calories per pound.

How to Estimate the Number of Protein Calories.

About 10 per cent of the calories provided by the foods of Group I, 30 per cent of those provided by the foods of Group II, 12½ per cent of those provided by the foods of Group III and 5 per cent of those provided by the foods of Group V (c) and of Group V (b) with the exception of the butter are protein calories.

How to Estimate the Amount of Protein.

Having determined the total number of protein calories by combining the protein calories in Group I, II, III and V (b) and (c) divide by 4 to determine the number of grams of protein. To determine the number of ounces of protein divide by 113 instead of 4.

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